

## Convocation 2025 / Schedule of Online Events – Japan Standard Time (JST)

Monday June 23	Tuesday June 24	Wednesday June 25	Thursday June 26	Friday June 27	Saturday June 28	Sunday June 29
	12:00 AM – 3:00 AM Meditation with Kirtan (Devotional Chanting) <b>SRF Monks’ Kirtan Group</b>	12:00 AM – 1:00 AM Meditation <b>Sister Sarala</b>	12:00 AM – 3:00 AM Meditation with <b>Brother Chidananda</b> <b>SRF Monks’ Kirtan Group</b>	12:00 AM – 1:00 AM Meditation <b>Sister Yogamayee</b>	12:00 AM – 3:00 AM Guided Meditation <b>Sister Dhira</b>	12:00 AM – 1:00 AM Meditation <b>Sister Jyoti</b>
		2:30 AM – 3:30 AM Satsanga (Questions & Answers) <b>Sister Karuna</b>		2:30 AM – 3:30 AM Satsanga (Questions & Answers) <b>Sister Ranjana</b>		2:00 AM – 3:00 AM Online Fellowship <i>“What Have You Learned This Week that You Want to Put into Practice?”</i>
			4:00 AM – 5:00 AM Guided Meditation in Italian with Technique Review <b>Brother Tyagananda</b>		3:30 AM – 4:30 AM Guided Meditation in German with Technique Review <b>Sister Veena</b>	5:00 AM – 6:00 AM “Creating an Inner Environment for Spiritual Progress” <b>Brother Ritananda</b>
	6:30 AM – 7:30 AM “Recharging the Body with Cosmic Energy” <b>Brother Balananda</b>	6:30 AM – 7:30 AM “Mastering the Techniques of Meditation – Part II” (Aum Technique of Meditation) <b>Brother Devananda</b>	6:00 AM – 7:00 AM Guided Meditation in Portuguese with Technique Review <b>Sister Bhavani</b>	6:00 AM – 7:00 AM Guided Meditation in Spanish with Technique Review <b>Brother Samatananda</b>		
	8:30 AM – 9:30 AM “Mastering the Techniques of Meditation – Part I” (Hong-Sau Technique of Concentration) <b>Brother Muktananda</b>	8:30 AM – 9:30 AM Guided Meditation in Japanese with Technique Review <b>Sister Radhika</b>	7:00 AM – 8:00 AM Online Fellowship <i>“How Have Paramahansa Yogananda’s Teachings Affected Your Life?”</i>	8:00 AM – 9:30 AM Meditation with Kirtan (Devotional Chanting) <b>SRF Nuns’ Kirtan Group</b>		
9:00 AM – 10:00 AM Online Fellowship <i>“What are you looking forward to in this year’s Convocation?”</i>			8:30 AM – 9:30 AM Satsanga (Questions & Answers) <b>Brother Bhumananda</b>			
11:30 AM – 12:30 PM “Making Life a Spiritual Adventure” <b>Brother Satyananda</b>	11:30 AM – 12:30 PM “The Art of Relaxation: Counteracting Stress and Experiencing True Serenity” <b>Brother Govindananda</b>	11:30 AM – 12:30 PM “Manifesting Our Noble Ambitions: The Creative Power of Initiative” <b>Brother Kamalananda</b>	11:30 AM – 12:30 PM “Becoming Ideal Citizens of the World” <b>Sister Draupadi</b>	11:30 AM – 12:30 PM “The Role of a Guru in One’s Spiritual Search” <b>Brother Sevananda</b>	11:30 AM – 12:30 PM An Evening with SRF/YSS President— “Paramahansa Yogananda’s Kriya Yoga Teachings” <b>Brother Chidananda</b>	
1:00 PM – 2:00 PM Meditation <b>Brother Dhyanananda</b>	1:00 PM – 2:00 PM Meditation <b>Brother Vimalananda</b>	1:00 PM – 2:00 PM Meditation <b>Brother Sakhyananda</b>	1:00 PM – 2:00 PM Meditation <b>Brother Tyagananda</b>	1:30 PM – 2:00 PM Meditation <b>Brother Vidurananda</b>	1:00 PM – 2:00 PM Meditation <b>Brother Sattvananda</b>	